

The temperatures are expected to reach record high throughout the weekend and into Monday.

According to the National Weather Center's first hot weather advisory, on Saturday, temperatures will be around mid-80s, rising to 90 degrees on Sunday. Finally, on Monday, temperatures will reach 100 degrees.

Mayor Marcia Leclerc encourages residents to drink plenty of water throughout these hot days, wear lightweight and loose fitting clothing and limit time outdoors. Mayor Leclerc also wants to remind residents to regularly check on infants and children as well as elderly or physically ill, because they are at a greater risk for heat-related illnesses. Those individuals should be very cautious about sun exposure.

Among various symptoms of heat-related illnesses are headache, dizziness, fatigue, anxiety, nausea, vomiting, low pulse rate and others. Additional symptoms may include, but are not limited to, cold, pale and clammy skin or hot, flushed dry skin.

Those who don't have air conditioning at their home are advised to choose various indoor places to go for relief from the heat, like malls, theaters or designated cooling centers in town.

If any person experiences heat stroke or heat exhaustion, seek medical help immediately by calling 911.

Due to expected hot weather and extreme humidity, the following public buildings are designed as "cooling places" for residents in need of some relief from the heat.

South End Senior Center*	70 Canterbury Street	8:30 am to 4:30 pm (Monday- Friday)
Raymond Library*	840 Main Street	9:00 am to 8:00 pm (Monday-Thursday) 9:00 am to 5:00 pm (Friday & Saturday)
Public Safety Complex *	31 School Street (Police Lobby)	24 Hours (All Days)

**Note: No special staff or services will be offered at any of these cooling locations.*